

SUBJECT: ALARACT 219/2008
TEXT:
UNCLASSIFIED//

THIS MESSAGE HAS BEEN SENT BY THE PENTAGON TELECOMMUNICATIONS CENTER ON BEHALF OF
DA WASHINGTON DC//MCLO-HPS//DAMO-DASG//

SUBJECT: TRANSITION TO PERIODIC HEALTH ASSESSMENT 01 NOV 08

REF/A/16FEB06/HEALTH AFFAIRS POLICY 06-006/PERIODIC HEALTH ASSESSMENT POLICY FOR
ACTIVE DUTY AND SELECTIVE RESERVE MEMBERS// REF/B/12OCT06/PERIODIC HEALTH
ASSESSMENT: ARMY IMPLEMENTATION PLAN/FROM DCS, G3/5/7 (DAMO-ODR), DCS, G-1 (DAPE-
MPE), AND OTSG (DASG-MCCS)// REF/C/14DEC07/AR 40-501, STANDARDS OF MEDICAL
FITNESS// REF/D/19DEC06/AR 220-1, UNIT STATUS REPORTING// REF/E/15NOV06/ALARACT
217/2006 TRANSITION TO PERIODIC HEALTH ASSESSMENT 01 NOV 06//
REF/F/06DEC07/ALARACT 284/2007 TRANSITION TO PERIODIC HEALTH ASSESSMENT UPDATE//

1. (U) ON 01 NOV 06, THE ARMY REQUIREMENT FOR A PERIODIC (5-YEAR) PHYSICAL WAS
REPLACED BY AN ANNUAL PERIODIC HEALTH ASSESSMENT (PHA). THE PHA FOCUSES ON
INDIVIDUAL MEDICAL READINESS AND PREVENTION. THIS ALARACT PROVIDES AN UPDATE ON
THIS PROCESS AND REMINDS ALL COMMANDERS AND SOLDIERS THAT PHA IMPLEMENTATION MUST
BE ACCOMPLISHED NLT 01 NOV 08. AFTER 01 NOV 08, ONLY THE AUTOMATED PHA IN
MEDPROS, AS WELL AS ANY PHYSICAL EXAMINATION COMPLETED FOR AVIATION, GENERAL
OFFICERS, SPECIAL MOS TRAINING AND ACCESSIONS WILL INDICATE COMPLETION OF A PHA.
2. (U) ALL SOLDIERS MUST COMPLETE A PHA OR EQUIVALENT PRIOR TO 01 NOV 08 FOR
SATISFACTORY COMPLIANCE WITH THE PHA REQUIREMENT. THE PHA MAY ALSO BE COMPLETED
DURING THE POST DEPLOYMENT HEALTH ASSESSMENT (PDHA) OR POST DEPLOYMENT HEALTH RE-
ASSESSMENT (PDHRA) BY USING THE ABBREVIATED PHA FORM. THE ABBREVIATED PHA FORM
MUST BE COMPLETED WITHIN 60-DAYS OF THE COMPLETION OF THE PDHA OR PDHRA BY THE
PROVIDER.
3. (U) MEDPROS PROVIDES THE COMMANDER CURRENT COMPLIANCE REPORTS FOR THE PHA
PROGRAM. COMMANDERS MAY REQUEST ACCESS TO MEDPROS REPORTS TO TRACK COMPLIANCE OF
THE PHA FOR THEIR UNIT AT [HTTPS://APPS.MODS.ARMY.MIL/MEDPROS/SECURED/](https://apps.mds.army.mil/medpros/secured/). SOLDIERS
CAN TRACK THEIR INDIVIDUAL COMPLIANCE ON THE AKO HOME PAGE UNDER THEIR MEDICAL
READINESS STATUS.
4. (U) HQDA POCS: LTC KAREN O'BRIEN, COM: 703-681-0102, DSN: 761-0102, EMAIL:
KAREN.OBRIEN@US.ARMY.MIL; OR MS. REA NUPPENAU, COM: 703-681-3157, EMAIL:
REA.NUPPENAU@US.ARMY.MIL.
5. (U) EXPIRATION DATE CANNOT BE DETERMINED.